AN 2.31 — AN 2.31

English translation by Bhikkhu Candana.

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Text

31. “Bhikkhus, these two things are on the side of wisdom, leading to and culminating in the attainment of Higher Knowledge and Understanding. Which two?

“Serene Mental Quietude (samatha), and Penetrative Insight (vipassana).

“And what, Bhikkhus, is the advantage or benefit of practicing and cultivating serene mental quietude?

“The Heart becomes developed, Bhikkhus.

“And what is the advantage or benefit of developing the Heart?

“The passion or lust in the heart is let go of and vanishes.

“And what, Bhikkhus, is the advantage or benefit of practicing and cultivating penetrative insight?

“Wisdom becomes developed, Bhikkhus.

“And what is the advantage or benefit of developing wisdom?

“The ignorance in the heart is let go of and vanishes.

“After all, Bhikkhus, the heart that is in the grips of passions and lust is neither released nor free. Meanwhile, in the presence of ignorance, wisdom is corrupted and does not get the chance to grow nor develop into maturity.

“For this reason, Bhikkhus, with the spread of dispassion towards all things that trigger lust and obsession, and their actual fading away, comes the Release that is Freedom of the Heart.

“And, with the fading away of ignorance, comes the Release that is Freedom Through Wisdom.”